



# PROFILE OF ALZHEIMER'S DISEASE AND OTHER DEMENTIAS IN SAN DIEGO COUNTY



## Profile of Alzheimer's Disease and Other Dementias in San Diego County

### TOP TEN LEADING CAUSES OF DEATH, SAN DIEGO COUNTY, 2005-2012



Top Ten Leading Causes of Death Among San Diego County Residents, 2005-2012								
	2005	2006	2007	2008	2009	2010	2011	2012
1	Diseases of the heart 5088	Diseases of the heart 4830	Malignant neoplasms 4812	Diseases of the heart 4752	Malignant neoplasms 4734	Malignant neoplasms 4848	Malignant neoplasms 4812	Malignant neoplasms 4958
2	Malignant neoplasms 4664	Malignant neoplasms 4638	Diseases of the heart 4743	Malignant neoplasms 4715	Diseases of the heart 4697	Diseases of the heart 4561	Diseases of the heart 4758	Diseases of the heart 4626
3	Cerebrovascular diseases 1218	Cerebrovascular diseases 1147	Cerebrovascular diseases 1122	Alzheimer's disease 1142	Alzheimer's disease 1115	Alzheimer's disease 1195	Alzheimer's disease 1221	Alzheimer's disease 1163
4	COPD/ Chronic lower respiratory diseases 1128	COPD/ Chronic lower respiratory diseases 1046	Chronic lower respiratory diseases 1023	Cerebrovascular diseases 1121	Cerebrovascular diseases 1080	Chronic lower respiratory diseases 1063	Chronic lower respiratory diseases 1045	Chronic lower respiratory diseases 1029
5	Alzheimer's disease 1094	Alzheimer's disease 1030	Alzheimer's disease 1019	Chronic lower respiratory diseases 1044	Chronic lower respiratory diseases 952	Cerebrovascular diseases 1037	Cerebrovascular diseases 1031	Cerebrovascular diseases 1003
6	Accidents (unintentional injuries) 868	Accidents (unintentional injuries) 924	Accidents (unintentional injuries) 995	Accidents (unintentional injuries) 932	Accidents (unintentional injuries) 949	Accidents (unintentional injuries) 923	Accidents (unintentional injuries) 1017	Accidents (unintentional injuries) 989
7	Influenza and pneumonia 604	Influenza and pneumonia 612	Diabetes mellitus 520	Diabetes mellitus 571	Diabetes mellitus 555	Diabetes mellitus 579	Diabetes mellitus 581	Diabetes mellitus 652
8	Diabetes mellitus 428	Diabetes mellitus 391	Intentional self harm (suicide) 358	Intentional self harm (suicide) 359	Intentional self harm (suicide) 365	Intentional self harm (suicide) 352	Intentional self harm (suicide) 383	Intentional self harm (suicide) 408
9	Intentional self harm (suicide) 297	Intentional self harm (suicide) 290	Chronic liver disease and cirrhosis 315	Influenza and pneumonia 338	Influenza and pneumonia 322	Chronic liver disease and cirrhosis 312	Chronic liver disease and cirrhosis 331	Chronic liver disease and cirrhosis 354
10	Essential (primary) hypertension and hypertensive renal disease 277	Essential (primary) hypertension and hypertensive renal disease 283	Influenza and pneumonia 292	Chronic liver disease and cirrhosis 334	Chronic liver disease and cirrhosis 307	Influenza and pneumonia 338	Influenza and pneumonia 311	Essential (primary) hypertension and hypertensive renal disease 332
	19,554 Total Deaths	19,266 Total Deaths	19,157 Total Deaths	19,408 Total Deaths	19,075 Total Deaths	19,312 Total Deaths	19,852 Total Deaths	20,018 Total Deaths

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Death Statistical Master Files; SANDAG January 1 population estimates (2001-2013 estimate released January 2014). County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch, 3/6/14. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 4/24/2014.

In 2008, Alzheimer's Disease went from the fifth leading cause of death to the third leading cause of death among San Diego County residents.

## ALZHEIMER'S DISEASE



### IN 2012, ALZHEIMER'S DISEASE WAS THE THIRD LEADING CAUSE OF MORTALITY IN SAN DIEGO COUNTY.

Nationally, in 2011, Alzheimer's Disease was ranked as the sixth leading cause of death<sup>1</sup>.

The risk of Alzheimer's Disease increases with age.

- San Diego County residents aged 85 years and over is the fastest growing age group<sup>2</sup>.
- 33% to 43% of those aged 85 years and over live with Alzheimer's Disease<sup>3,4</sup>.

In 2012, there were 59,843 San Diego County residents age 85 years and over. By 2030, this population is estimated to increase by 40.4% to 84,048.

## DEFINITION OF ALZHEIMER'S DISEASE AND OTHER DEMENTIAS



### EXPANDED DEFINITION OF ALZHEIMER'S DISEASE TO INCLUDE OTHER DEMENTIAS.

Alzheimer's Disease is the most common form of dementia, but all dementias are characterized by:

- a decline in thinking skills
- memory loss
- reduced ability to perform everyday activities<sup>3</sup>

All people suffering from dementia need access to resources such as caregivers and health care professionals trained in the treatment of dementia.

Thus, the definition of Alzheimer's Disease was expanded to include Other Dementias as well (referred to as ADOD).

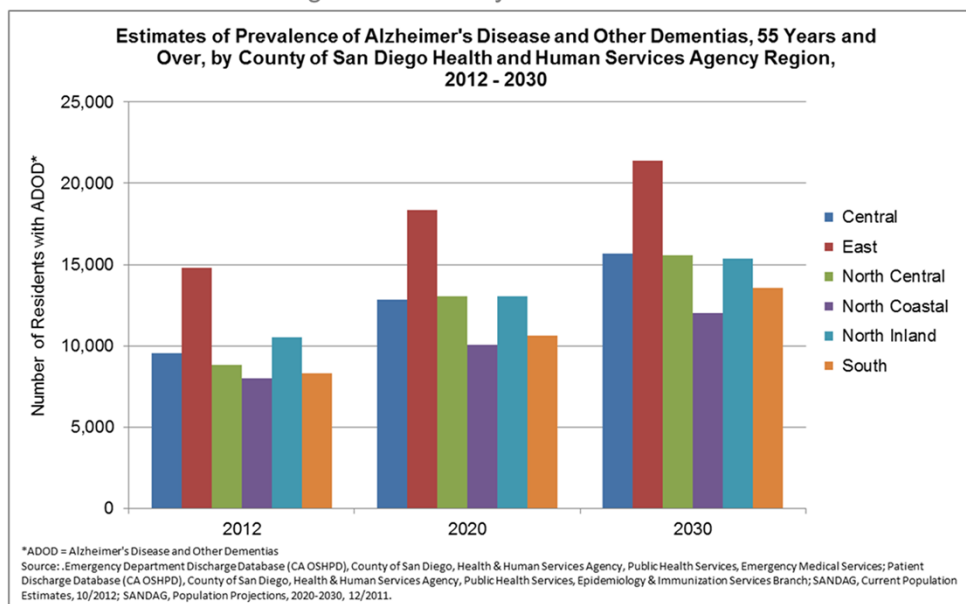
The definition of Alzheimer's Disease and Other Dementias includes major causes of dementia such as Alzheimer's Disease, Frontotemporal Dementia, and Vascular Dementia. Other forms of dementia includes senility and Mild Cognitive Impairment.

## PREVALENCE OF ALZHEIMER'S DISEASE AND OTHER DEMENTIAS



**60,000 SAN DIEGANS ARE CURRENTLY LIVING WITH ADOD.**

If nothing changes, an estimated 77,964 residents will be living with ADOD by 2020 and 93,555 residents will be living with ADOD by 2030<sup>2, 5</sup>.



There are instances of people under age 55 living with Alzheimer's Disease and Other Dementias (ADOD), however, the vast majority of ADOD cases are seen in the 55 years and over population. In order to generate reliable estimates of the prevalence of ADOD in 2012, 2020, and 2030, only the 55 years and over population was used.

## MEDICAL ENCOUNTER DATA



IN 2012 THERE WERE 19,444 SAN DIEGANS AGE 55 YEARS AND OVER WITH ANY MENTION OF ADOD IN THEIR EMERGENCY DEPARTMENT OR HOSPITAL DISCHARGE<sup>A, 6, 7</sup>.

- The most emergency department (ED) discharges by one person with any mention of ADOD was 42<sup>6</sup>.
- The most hospital discharges by one person with any mention of ADOD was 12<sup>7</sup>.
- The three San Diego County subregional areas (SRAs) that had the highest number of people discharged were Chula Vista, Escondido, and Kearny Mesa<sup>6, 7</sup>.

In 2012, the rate of persons aged 55 years and over discharged from the ED or hospital with any mention of ADOD was 2.7%<sup>5-7</sup>.

- The three SRAs that had the largest risk per person were La Mesa, National City, and Chula Vista<sup>5-7</sup>.

A. It is not possible to identify unique individuals who were discharged from the emergency department (ED) and the hospital in the same year. Therefore, anyone discharged from both the ED and hospital in 2012 would be counted more than once. If a patient is admitted to the hospital from the ED and then discharged from the hospital, they are only included in the hospital discharges.

The number of people discharged from the ED or hospital with a mention of Alzheimer's Disease or Other Dementia (ADOD) reflects the burden on the healthcare and caregiving system in providing care to these individuals. The subregional areas of San Diego County with the largest ADOD burden were Chula Vista, Escondido, and Kearny Mesa.

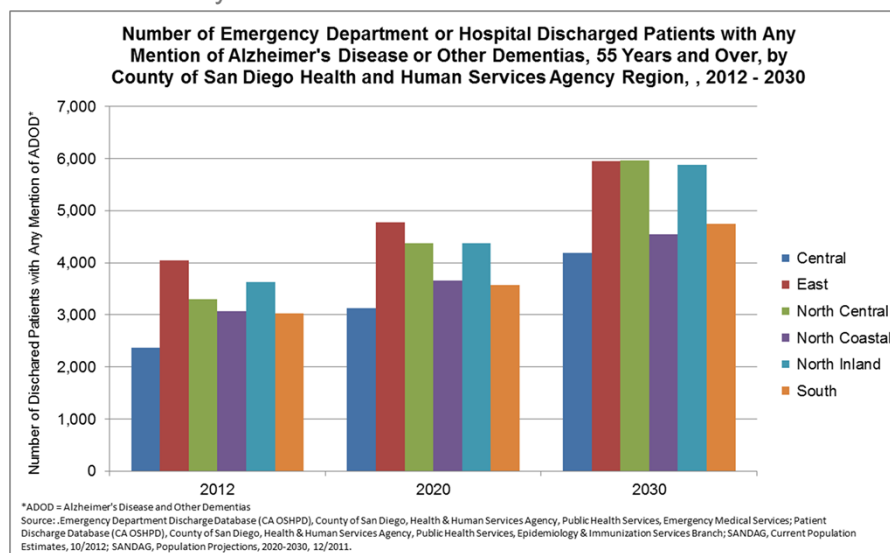
The rate of people discharged from the ED or hospital with a mention of ADOD takes into account the size of the 55 years and over population in the area and reflects the risk per person. The subregional areas that had the largest risk per person were La Mesa, National City, and Chula Vista.

## MEDICAL ENCOUNTER DATA



**BY 2030, THE BURDEN ON THE MEDICAL SYSTEM WILL INCREASE BY 61% IF NOTHING CHANGES.**

If nothing changes, there will be 23,876 emergency department (ED) and hospital patients with any mention of ADOD by 2020 and 31,293 ED and hospital patients with any mention of ADOD by 2030<sup>2, 5-7</sup>.



It is estimated that by 2020 there will be 23,876 patients with a mention of Alzheimer's Disease or Other Dementias in their medical record. This number is then expected to increase to 31,293 patients by 2030. This is an increase of 61% from the 19,444 patients seen in 2012. These estimates are based on population growth and medical encounter data for patients with any mention of Alzheimer's Disease and Other Dementias from 2012.

## COUNTY OF SAN DIEGO PROGRAMS



LIVE WELL  
SAN DIEGO

### IN ADDITION TO EMERGENCY DEPARTMENT AND HOSPITAL VISITS, PATIENTS WITH ADOD USE COUNTY OF SAN DIEGO PROGRAMS.

Currently, 39 of the 100 Public Guardian clients have Alzheimer's Disease or Other Dementias<sup>8</sup>.

In 2012, there were 262 mentions of Alzheimer's Disease or Other Dementias among 232 individual clients 55 years and over utilizing County of San Diego Behavioral Health Services programs<sup>9</sup>.

## CAREGIVING FOR PEOPLE WITH ALZHEIMER'S DISEASE AND OTHER DEMENTIAS



### THERE ARE 136,800 UNPAID CAREGIVERS PROVIDING CARE TO SAN DIEGANS CURRENTLY LIVING WITH ADOD.

In 2013, caregivers in San Diego County provided 156 million hours of unpaid care, valued at \$1.94 billion<sup>2, 3</sup>.

Caregivers experience emotional stress, depression, and a difficult time managing their own health. In San Diego County, the health care costs to caregivers were \$75.4 million<sup>2, 3</sup>.

If nothing else changes, by 2030 there will be 93,600 people aged 55 years and over with ADOD in San Diego County<sup>2, 6, 7</sup>. This will require:

- 213,325 unpaid caregivers<sup>2, 3</sup>.
- 242.8 million hours of unpaid care worth \$3.02 billion<sup>2, 3</sup>.

The health care costs of unpaid caregivers will increase to \$117.6 million a year<sup>2, 3</sup>.

Caregivers are essential to the health and well-being of people living with Alzheimer's Disease and Other Dementias (ADOD). They provide resources such as meals, transportation, coordination of care from healthcare providers, companionship, and help with activities of daily living. However, the health and well-being of caregivers is often overlooked despite the important and necessary role they play. Caregivers often experience higher rates of emotional and physical stress which in turn leads to larger health care costs.

If no changes are made to the caregiving system by 2030, the demand will increase to 213,325 unpaid caregivers for 93,600 people age 55 years and over with ADOD in San Diego County. This will add up to 242.8 million hours of unpaid care worth \$3.02 billion in 2030.

### REFERENCES



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